

DINNERLY



Smoky Bean Crunch Wraps with Cheddar



25 minutes



2 Servings

Presenting our version of the 'crunch wrap', the social media food trend that has everyone talking! Imagine a crispy crunchy triangle-shaped wrap, with different toppings neatly arranged between layers of pita bread. Keep an eye on our Instagram account to see how this recipe comes together!

WHAT WE SEND

- 1 tomato
- 1 Lebanese cucumber
- 50g cheddar ⁷
- 400g five mixed beans
- 10g smoky barbecue seasoning ¹⁷
- 100g baby spinach leaves
- 4 pita breads ^{1,6}

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 tbs barbecue sauce
- 2 tbs mayonnaise ³
- olive oil spray (optional)
- 3 tsp olive oil
- 1½ tsp red or white wine vinegar ¹⁷

TOOLS

- large oven tray
- baking paper
- box grater

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 735kcal, Fat 33.6g, Carbs 77.5g, Proteins 24.6g



1. Prep ingredients

Preheat the oven to 200C. Line a large oven tray with baking paper. Halve the **tomato**, then thinly slice. Halve the **cucumber** lengthwise and thinly slice on an angle. Coarsely grate the **cheese**. Drain and rinse the **beans**. Put the beans, **barbecue seasoning** and **2 tbs barbecue sauce** in a bowl, season with **salt and pepper** and stir to combine.



2. Lay out pitas

Reserve **half the spinach** for the salad. Put **2 pitas*** on a board (see Make it yours). Make a cut from the centre of each pita to the edge closest to you.



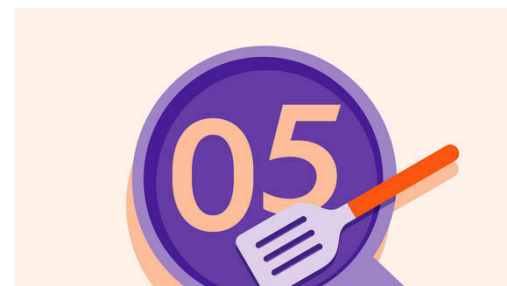
3. Assemble wraps

Now, imagine the pita is divided into quarters. Spread **1 tbs mayonnaise** over the bottom left quarter. Put **half the tomato** and **half the remaining spinach** on the top left quarter. Put **half the cheese** on the top right quarter and **half the bean mixture** on the bottom right quarter.



4. Fold and bake wraps

Starting with the bottom left quarter and working in a clockwise direction, fold each **pita quarter** over the adjacent quarter until you have a triangle-shaped wrap. Repeat with the **remaining pita, mayonnaise and fillings**. Transfer the **wraps** to the lined tray. Spray or brush with **olive oil**. Bake the wraps for 8 mins or until golden and crisp.



5. Toss salad and serve up

Meanwhile, put **3 tsp olive oil** and **1½ tsp red wine vinegar** in a large bowl and season with **salt and pepper**. Add the **cucumber** and **reserved spinach** and toss to combine. Divide the **wraps** and **spinach salad** among plates and enjoy!



6. Make it yours

Keep an eye out for our Instagram and Facebook videos to see how this recipe comes together! ~ Prefer a classic quesadilla instead? Simply pile the filling into the pitas, fold in half to enclose, then bake until crisp.